

Welcome to UMaine, where life is greener.

SECOND Edition

Published in September, 2016

Upcoming Events

Looking for a fun off-campus activity? Consider grabbing some friends and car-pooling to these events;

- **Acadia National Park Night Sky Festival:** September 22-25

Celebrate the beauty of Maine night skies (for free!) by visiting Acadia during the Night Sky Festival! Activities include moonlit kayaking, evening boat cruises, keynote presentations, and of course a chance to join astronomers as they talk about constellations and other night sky features at awesome spots like Cadillac Mountain, Sand Beach and Seawall!



- **Common Ground Country Fair:** September 23-25

An annual event in Unity, ME, the Common Ground Fair is a chance to explore the agricultural and rural traditions of Maine! With plenty of animals to pet, food to eat, and treasures to purchase, there is something to enjoy for every-one! Gates open at 9AM each day. Cost is \$10 in advance, \$15 at the gate. Visit MOFGA.org to learn more.



- **Manchester Apple Festival:** September 24th

Take a trip to Lakeside Orchards in Manchester to celebrate fall with apple picking, wagon rides, pie eating contests, a parade and much more! Search "Manchester Apple Festival" on Facebook to learn more.

On Campus Activities

Still want to have fun but don't have the option to go off-campus? Check out these transportation-free and costless opportunities!

- The Rec Center offers free fitness classes every day of the week! Stop in or check their website for a full schedule.
- Visit the Littlefield Gardens next to the University Credit Union to admire the flowers while they're still in bloom!
- Take a walk to Witter Farm for some furry stress relief! Learn about UMaine's cows, sheep and horses.
- Take advantage of grilling season while you still can; there are community charcoal grills on the banks of the Stillwater next to the Steam Plant parking lot.



Living Green... Is it Possible in Residence Halls?

Of course it is! Here are some suggestions for reducing your impact on the environment while living on campus.

- **Recycle:** each room is equipped with 2 blue zero-sort recycling bins...use them! There is a zero-sort dumpster outside of every residence hall!
- **Reduce electricity usage:** when you leave your room for class or are ready to go to bed, turn off and unplug everything you're not using!
- **Reduce paper usage:** use reusable dishes instead of paper products to prevent unnecessary garbage! Go digital for whichever classes you can to avoid mass amounts of printing!
- **DIY projects:** if you're feeling crafty or want a new decoration for your room, search online for ways to revamp old belongings into new treasures!

Want to get more involved?

Follow us on social media!

 facebook.com/UMaineGCI

 [@UMaine_GCI](https://twitter.com/UMaine_GCI)

 [@GreenCampusInitiative](https://www.instagram.com/GreenCampusInitiative)

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First Edition

Published in October, 2016

Upcoming: Fall Break Sustainability

Sustainable Travel

Bring your own reusable bottles/mugs to stay hydrated and alert during your trips.

Pack your own snacks in reusable containers to avoid food and packaging waste.

If you plan on staying in a hotel, leave your "Do not Disturb" sign on the door to avoid excess cleaning-which helps save electricity, water and cleaning products!

Use electronic tickets as opposed to printing!



Unplug!

Unplug things you normally leave plugged in, like your refrigerator, coffee makers, lamps, TVs and chargers to save electricity while you're away for the long weekend.

Transportation

Carpool with people who live near you or will be driving by your town!

Use local bus systems like the Community Connector, or the Amtrak station in Bangor to take you to airports or towns close to your home!

Fall Fun

'Tis the season for apple picking, pumpkin harvesting, and getting lost in corn mazes! There are several orchards around the state of Maine where you can make the most of the autumn season. Visit maineapples.org to plan your adventure.

Hiking is a perfect way to enjoy Maine's famous fall foliage. Be sure to check out some of the following trails:

- DeMeritt Forest Trail System: located behind the Rec Center, there are more than 15 miles to explore!
- Orono Trails: popular choices include the bog walk and Stillwater River trail. Visit oronolandtrust.org to learn more.
- Acadia National Park: grab some friends and carpool to Acadia, where there are over 120 miles of hiking trails¹, plus carriage roads for biking!



¹: <http://www.acadiamagic.com/acadia-hiking-trails.html>

Seasonal On-Campus Cooking

What's in season? Fresh apples, pears, squash, pumpkins, potatoes, and beets are available at Maine farmers markets during the fall months! Use campus resources like the outdoor grills and microwaves in residence hall rooms to cook up some seasonal recipes.






Grilled apple and pear salad: Top fresh greens with grilled fruit for a fall fresh salad.

Pumpkin Pie Oatmeal: Mix oats, pumpkin puree, milk and maple syrup and microwave for a few minutes for a delicious breakfast.

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To-night Show @ Emera Astronomy Center

Learn about the latest astronomy news through a talk-show inspired event on Friday, October, 28th from 7-8 pm. Cost is \$5.00 for UMaine students.



Upcoming Events!

Bangor Zombie Walk

Dress up like a zombie and walk around downtown Bangor to raise money for nonprofit organizations on October 29th from 3-5 pm. Search "Bangor Zombie Walk" on Facebook to learn more.



UMaine Culture Fest

Visit the Rec Center Saturday, November 5th to celebrate cultures of the world by exhibits, activities, and food!

Tips for a Green



➤ **DIY Costumes:**

Check out local thrift stores for inexpensive, sustainable costume options! Share your creations with us on our Facebook page!

➤ **Recycle your candy wrappers:**

If possible, choose candies that come in recyclable packaging like cardboard, foil or paper. If you have a surplus of candy wrappers consider sending them to TerraCycle, a company that takes hard to recycle material and transforms them into new products! Visit terracycle.com to learn more.



Water Conservation Tips

The average person uses anywhere between 80-100 gallons of water each day! Here are some tips for how to conserve one of the Earth's most precious natural resources:



- **Shorter Showers:** Take 3 minutes off your shower time and save more than 5 gallons of water!
- **Turn off the Faucet:** When brushing your teeth or washing your face you could save over 2 gallons shutting off the faucet.
- **Report Leaks:** put in a maintenance request if you notice leaky sinks or showers.
- **Meatless Mondays:** Raising livestock uses tons of water (literally!). Skipping chicken for one meal means you helped save about 90 gallons of water!
- **Full Laundry Loads:** Average washers use 20 gallons per load...use sparingly!

Sources: <http://environment.nationalgeographic.com/environment/freshwater/water-conservation-tips/>,
<http://water.usgs.gov/edu/qa-home-percapita.html>

Sweet




Savings



Fall means pumpkin spice lattes and salted caramel mochas! Don't forget to bring a reusable mug to on-campus locations like The Bear's Den and Oakes Room for a discount on your favorite festive drink. Off-campus coffee shops often offer discounts too!

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Upcoming Events: Mark Your Calendars!



- **Maine Harvest Festival:** Between 10a.m. and 4p.m. on November 19th and 20th, visit the Cross Insurance Center in Bangor to browse through 55,000 square feet of Maine-made products and locally grown food. Admission is \$8 per person! Visit www.maineharvestfestival.com to learn more!



- **Campus Events:** Remember there are plenty of seminars and shows to attend on campus! Seminars are always free and hosted at several times during the week. Students can attend 2 events at the Collins Center for free each semester! Check out the UMaine online Calendar for a list of events.

Campus Sustainability: How You Can Help

On average, energy usage on college campuses in the U. S. draws mostly from lighting and heating. To help cut costs on our energy bill (which you help pay for) & help lessen the environmental toll, consider incorporating these tips in your daily life;



- **Unplug:** Chargers, coffee makers, lamps. All things that don't get used while you're out for the day can be unplugged to save on electricity.
- **Turn off lights:** Whether it's a lamp, Christmas lights, or shower stall lights in your Residence Hall bathroom, turn them off when not in use!
- **Turn down your heater/close your windows:** Keep your windows closed and your heater set at a moderate temperature to avoid excessive heating costs.
- **Colder Water:** It costs money to heat water, so consider taking colder showers and washing your laundry in cold water to save on water heating.

Self-Sustainability: Stress Relief Tips




With the school year in full swing it's easy to feel overwhelmed, but always remember that your health should be your top priority. Check out these campus resources to help de-stress!

- **Visit the Mind Spa:** Stop by Room 120 of the Memorial Union to learn how to combat stress and about different relaxation techniques.
- **Get Moving:** Whether it be yoga, free classes at the Rec Center, a run, or a lifting session, get your mind off stress by getting your body moving!
- **Take Breaks:** Give your brain a chance to do something fun like hang out with friends or watch some T.V. (but no Netflix binging!)
- **Sleep:** Regular sleep cycles are important for overall health so avoid those all-nighters! Instead, take a 20-30 minute midday power nap to help you recharge and get stuff done!



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How to Make Your Thanksgiving Sustainable

Eat Local & Organic.

Choosing organic foods helps to support sustainable agriculture and limit the use of synthetic chemicals which can contaminate Earth's soil and water sources¹. Choosing local foods, like those you can purchase from the Orono farmers market, reduces your carbon footprint because less fossil fuels are used in production and transport²!



Buy Less.

The average American family wastes \$600 worth of food each year³, don't let Thanksgiving food go to waste! Make grocery lists including quantities to help you buy only as much as you need. You can also freeze your leftovers in reusable containers for a later date to help save money and prevent food waste.

Compost Your Scraps.

Save your Thanksgiving scraps to make food for your plants! Try your hand at gardening by making compost and using it to grow herbs that you can keep in your room!

Clean Green.

Skip landfill-contributing paper products and use reusable dishes. Use natural, biodegradable cleaning products and fill up your dishwasher- it uses less water than handwashing⁴!

1: <http://www.eostreorganics.co.uk/environmental-benefits-of-organic-food-production.html>

2: <http://blogs.ei.columbia.edu/2012/09/04/how-green-is-local-food/>

3: http://www.alternet.org/story/108637/10_tips_for_a_sustainable_thanksgiving

4: <https://www.nrdc.org/stories/9-tricks-save-tons-water>



Orono Farmers Market: Winter Schedule

Cold weather doesn't change your accessibility to fresh local produce! The Orono Farmers Market is held the 2nd and 4th Saturday of each month from 9a.m. – 12p.m. in the Orono parking lot between Pine and Mill Streets. Winter hours apply December-April.



Black Bear Exchange

Black Bear Exchange (BBE) is UMaine's own on-campus sustainable thrift shop and food pantry!

Have a bunch of clothes you never wear taking up space in your closet? In the giving spirit? Bring your unwanted stuff to the BBE at 55 York Village (near York dining) as a donation or swap it for some new cold-weather gear!

The BBE is open to everyone, just bring your MaineCard.

Hours: Tuesdays from 1p.m. – 5p.m and Thursdays from 11:30a.m. – 5p.m.

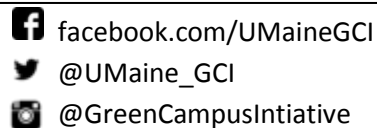
Giving Back on Campus



Aside from donating your things to those in need at the Black Bear Exchange, donate your time to volunteering with the Bodwell Center on campus to give back to the community! Research and sign up for projects at <https://umaine.edu/volunteer/>

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- **Santa's Workshop/Festival of Lights Parade:** An annual event in downtown Bangor! Join the rest of the city during the first weekend of December for numerous holiday festivities like the chance to see Santa and witness the tree lighting!
- **Collins Center for the Arts:** Numerous shows are being held at the CCA this month including holiday favorites like *A Christmas Carol* and *The Nutcracker*! Remember each UMaine student gets two free tickets per semester! Visit <https://www.collinscenterforthearts.com/> to learn more!

Home for The Holidays

Since you've been at school for the past few months, transitioning back to home life may be difficult. Parents may expect you to help out around the house, follow a somewhat normal sleeping schedule (crazy, I know!), and might not let you go out every night to be with friends. Some of your friends that have spent time at other schools may be different too. It's important to remember to be understanding of these differences and practice good communication to work through the issues.

Tips for Finals

Here are a few study tips to make finals week organized and stress free in order to ace your exams from start to finish!

- **Ask Questions;** Go to review sessions, go to professor and TA office ours, ask your professor and peers questions during class
- **Vary Your Study Habits;** Try group study sessions, switch up your study space, use flashcards/quizlet/study guides
- **Take Care of Yourself;** Get enough sleep, stay hydrated (avoid too much caffeine), stay active
- **Eliminate Distractions;** turn off your phone, work in quiet spaces, let others know when you plan to study
- **Plan Ahead;** plan out your week, set priorities and goals, use small blocks of time effectively, schedule breaks in meaningful intervals



Sustainable Holiday Gifting!

- **Earth-Friendly Wrapping Options:** fabric scraps, clay flower pots, newspapers, bags, maps, calendars, baskets
- **Gifting Ideas:** thrift shop finds, handmade crafts, experience gifts (tickets, trips, etc.), locally made products

Winter Break Clean Sweep




GCI wants your unwanted things! Boxes will be located in the lobbies of each Residence Hall for pick-ups on December 5, 7, 9, 12, 14, and 16.

Suggested donations include unused school supplies, textbooks, clothing, household items, unopened cleaning or bathroom products, etc. All of the donations benefit our campus, contributing to Black Bear Exchange and service projects for Fall Welcome Weekend!



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